

# Warren warfighters prepare

## Individual preparation checklist

- BDU sleeves rolled down
- Soft cloth BDU cap
- Helmet (properly marked on front and back)
- Flak vest (properly marked with USAF, rank, first and last name; see photo below)
- Web belt
- Canteen filled with water
- Gas mask (ensure inspection is complete and annotated on the DD Form 1574)
- Mask fit testing evaluation sheet (contact bioenvironmental at 782-4670)
- MCU-2A/P, cleaning procedure card
- Chemical suit (marked properly with M-9 paper)
- Chemical gloves and glove inserts
- Chemical boots
- Eyeglass inserts
- Government ID card and government drivers license (DD Form 2293)
- Line badge (AF Form 1199A)
- Airman's Manual (AFMAN 10-100)
- Kunsan supplement to AFMAN 10-100
- Dog tags (two each, worn around the neck)
- Cold weather gear (as required)
- Rain gear
- Reflective belt
- Flash light with fresh batteries
- Light sticks (as required)
- M-8 paper
- M-291 decon packets (6 each)
- M-295 decon kits (4 each)
- 2-pam chloride/atropine (when issued)
- Cipro tablets (when issued)

- ### Top 10 IPE Violations
- John Wayne**  
Helmet chin strap dangling
  - Gomer Pyle**  
Unit cap under helmet
  - Sad Sack**  
Web belt riding below flak vest
  - See No Evil**  
No personal flashlight
  - Lawrence of Arabia**  
No water in canteen
  - Snoopy**  
No dog tags
  - Road Kill**  
No reflective belt (exercise only)
  - General Custer**  
No Airman's Manual
  - Johnny Ringo**  
Gas mask carrier unsecured
  - Three Blind Mice**  
No Gas Mask inserts

## To report enemy forces, S-A-L-U-T-E

The S-A-L-U-T-E report remains the quickest, most efficient way to report enemy ground attacks up the chain of command, according to base readiness officials.

The acronym, which represents the size, activity, location, unit, time and equipment of enemy forces, is a handy way to remind service members to be as thorough as possible when reporting possible hostile ground forces.

An example of a S-A-L-U-T-E report may should sound something like, "Six enemy soldiers, running away from the command post, heading toward the flight-line. Uniforms are solid green fatigues, possibly Republic Guards. Time was 0235 hours. Equipment includes AK-47 assault rifles, backpacks and gas masks being carried."

Use the fastest means necessary or possible to upchannel the



### Mighty Ninety Warfighters

"Every Air Force member is an expeditionary Airman." These were the words used by former Air Force Chief of Staff, General John P. Jumper to introduce the latest Airman's Manual, AFMAN 10-100, dated 1 June 2004. Make no mistake...every warfighter who wears the cloth of America at F.E. Warren AFB is vulnerable to deploy anywhere, anytime. We must to be ready. Our ability to effectively deploy, fight and survive a contingency operation rests with individual preparation, acquiring the right equipment and conducting consistent and realistic training.

I charge each and every one of you to know your Airman's Manual inside and out, front to back. When we exercise, I expect you to be reading it when there's a lull in the action and to use it as often as needed. AFMAN 10-100 doesn't cover all scenarios, but it does cover basic warfighting skills and points of knowledge needed to be combat ready in the field. It may just save your life or the life of your wingman.

F.E. Warren is no different than any other base; in fact we will be second to none when it comes to preparing our people to deploy the right way and exercising hard on the field of battle. I look forward to training with you. IMPAVIDE!

Colonel Michael J. Carey  
Commander

## Self aid & buddy care ABCDE Steps

When first encountering an injured person, follow these steps:

- A. Establish an open **airway**
- B. Ensure **breathing**
- C. Stop bleeding to support **circulation**. Place dressings over open wounds and apply pressure, either directly or at pressure points. Use a tourniquet only as a last resort, and mark the time it was applied on the victim's forehead.
- D. Prevent further **disability**.

Immobilize the victim.s neck or spinal injuries and splint obvious limb deformities.

E. Minimize further **exposure** to elements.

### Injuries

There are an array of possible injuries; build SABC kits to treat them:

**Shock**  
No matter the injury, always treat for shock. Symptoms: confusion; cool or clammy skin; shallow, labored breath; weak, rapid pulse. Treatment: keep airway open; elevate legs; keep warm; no food or drink;place on side in recovery

position if unconscious.

### Bleeding

Apply direct pressure to wound; elevate if no fractures; use pressure points to control excessive bleeding; add new dressings over old dressings; apply tourniquet as last result to save limb or life. Consult AFMAN 10-100, Page 179 for application.

### Eye injuries

Dress around impaled objects, don't remove object; bandage both eyes to prevent further injury.

### Abdominal wound

If organs are outside body, place them on top of abdomen not back inside the body; apply dressing; bend knees to relieve pressure.

### Chest wounds

Symptoms: sucking noise from chest, frothy red blood from wound.

Treatment: find entry/exit wound; cover holes with airtight seal; tape three sides, leaving bottom open; position victim for easiest breathing.

### Fractures

Symptoms: deformity, bruising, swelling or tenderness.

Treatment:

Don't straighten limb; remove clothing from injured area; splint injury as it lies if possible; splint joints above and below injury; remove rings from fingers if possible; check pulse below injury area to determine if blood flow is restricted.

### Spinal/neck/head injuries

Symptoms: lack of feeling/control below the neck; drainage from ear, nose or mouth.

Treatment:

immobilize head and neck. When moving injured, move body, head and neck as one.

### Carries

Techniques to move injured:

- Litters . Preferred method of transporting injured. Most stable and least chance of furthering injuries. Carry litter feet first or according to SABC.
- Fireman.s Carry . A one-man, over-the-shoulder used for long distances.
- Saddle-Back Carry . A one-man carry requiring help from the conscience injured and is also suitable for long distances.
- Refer to AFMAN 10-100, Page 176 /AFPAM 36-2241, Page 318 for directions.

## Use the 'four Rs' with UXOs

**Recognize** and identify the UXO as a hazard

**Remember** features: Size, shape, color, condition and is it intact, broke an or leaking?

**Record:** No need to get closer ... mark the area with whatever you can find. Flagging ribbon, cone, garbage cans, bicycles etc... If you can move it, you can use it. Use your imagination. Don't move anything that is on or near a UXO.

**Retreat:** Evacuate all personnel andequipment/ vehicles that can be quickly and easily moved. Evacuation personnel are there to help. Direct them where to go and what to do. Someone has to take charge. Retreat the same way you entered. This is especially importantwhen you have Class C and D UXOs.

**Report** findings to your UCC. Don't transmit a radio within 25 feet or 100 feet for a vehicle mounted radio. Provide details. Be descriptive. Use the Airman.s Manual critical information checklists numbers two through seven. Report the location. Use landmarks, grid coordinates or building numbers